

DISABILITY NETWORK DIRECTORY

Independent Living Skills

Abilities Network

Headquarters

8503 LaSalle Road
Towson, MD 21286
410-828-7700 (V)
1-800-492-2523 (Toll Free)

Prince George's / Montgomery Counties

1738 Elton Road, Suite 205
Silver Spring, MD 20903
301-431-7740 (V)

www.abilitiesnetwork.org

Community and Employment Partners supports individuals that are interested in living independently to gain the life skills essential for finding and maintaining a job that fits their individuals needs and skills, maintaining a home, a budget, health and happiness. Trained case workers and case managers work one-on-one with individuals in both the community in which they live and work. Adult Life Planning provides technical assistance and support for young adults on the autism spectrum, and their families, to develop an individualized plan, with specific interventions, to prepare for the transition from school based services to the adult service delivery system.

Columbia Lighthouse for the Blind

240-737-5100 (V)
E-mail: info@clb.org

www.clb.org

Independent living skills specialists offer individualized training in home management, daily living skills and mobility in your home and community. Program promotes the development of skills to foster independent living and provides you with the skills and confidence to maintain daily activities while remaining at home – decreasing dependence on others.

Independence Now, Inc.

12301 Old Columbia Pike, Suite 101
Silver Spring, MD 20904
301-277-2839 (V)
E-mail: info@innow.org

www.innow.org

Independent Living Specialists facilitate one-on-one and group skills trainings in an array of areas to promote independence, such as community-based living, decision making and time management, local, national and legislative laws, transportation and employment, budgeting, cooking and kitchen safety, and other areas according to individualized needs.

Jewish Foundation for Group Homes

Vivian Bass, Chief Executive Officer
1500 East Jefferson Street
Rockville, MD 20852
240-283-6053 (V)

E-mail: info@jfqh.org

www.jfqh.org/MOST.aspx

Meaningful Opportunities for Successful Transitions (MOST™) is a one year individualized program of activities and training designed to facilitate successful transition into the adult community. The MOST™ program serves as a portal for individuals and their families, through which they are introduced and integrated into a broad range of community resources. The MOST™ focuses on facilitating outcomes for participants in three domains: Self-sufficiency - including self-help, independent living, and safety skills; Community - including social skills, transportation, and recreation; and Vocation - including employment, education, vocational training, and day habilitation.

JSSA (Jewish Social Services Agency) - Life Skills Training

200 Wood Hill Road
Rockville, MD 20850
301-816-2633 (V)
301-309-2597 (TTY)

www.jssa.org/web/guest/services/specneeds/lifeskills

JSSA's life skills training program helps individuals with developmental or physical disabilities become more independent. JSSA's case managers, vocational rehabilitation counselors and clinical social workers provide training and practice in a variety of life skills targeted towards increasing self-sufficiency in every day life. Skills are taught in the office, home and community settings to allow for effective real-world learning experiences. JSSA offers training in the following areas: managing income and expense, managing time, using schedules and calendars, organizing and completing paperwork, mail and email, managing living space and completing household tasks, planning and shopping for meals, accessing specialized transportation resources, and communicating with others and advocating for oneself.

Montgomery County Government does not endorse or assume responsibility for any product, method, service or treatment listed in this resource directory that is not a County program.

Alternative formats of this document are available upon request.

240-777-1246 (V) • MD Relay 711 • Carly.Clem@montgomerycountymd.gov

Maryland Statewide Independent Living Council

Tonya Gilchrist, Administrative Officer

410-554-5412 (V)

E-mail: silc@dors.state.md.us

www.dors.state.md.us/DORS/RehabResources/independent_living/MSILC.htm

Advisory, planning and advocacy group that promotes independent living services across the state of Maryland. Information and referral, skills training, peer counseling, and individual and systems counseling.

National Council on Independent Living (NCIL)

1710 Rhode Island Avenue, NW, 5th Floor

Washington, D.C. 20036

202-207-0334 (V)

202-207-0340 (TTY)

1-877-525-3400 (Toll Free)

E-mail: ncil@ncil.org

www.ncil.org

Membership organization that advances independent living and the rights of people with disabilities through consumer-driven advocacy.